



DEPARTMENT OF THE ARMY
HEADQUARTERS, III CORPS AND FORT HOOD
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FORT HOOD, TEXAS 76544-5000

REPLY TO
ATTENTION OF

AFZF-SAFE

22 JUN 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Heat Injury Prevention

1. With the ambient air temperature in Central Texas expected to steadily rise in the weeks ahead, heat injury prevention needs to be emphasized. Some of our hard-training units already experienced heat stress cases in the last few days. Heat related injuries, from simple sunburn to heat stroke are preventable.

2. The prevention of heat injuries is a command responsibility. III Corps & FH Reg 350-16, Prevention of Heat and Cold Injury, provides heat injury prevention guidance, including heat stress categories, suggested work modifications, and fluid intake guidelines. It outlines four major responsibilities for commanders and directors: soldiers must be trained to avoid, recognize, and treat heat injuries; acclimatization and risk factors for each Soldier must be identified to prevent heat injuries; Wet Bulb Globe Temperature (WBGT) heat stress readings are conducted/documented; and training modification outlined in Appendix C must be determined, depending on mission and heat stress category. Some measures for prevention of heat stress are:

a. Acclimatization. It takes up to two weeks to become adequately acclimatized. For deployment planning, leaders must plan for acclimatization during mission planning/risk assessing.

b. Fluid Intake. Drink adequate fluids before and during heavy activity, or while on exercises. Don't wait until you get thirsty. Avoid fluids that contain alcohol, caffeine, or sugar.

c. Physical Conditioning. Infections, fever, recent illness, overweight, fatigue, drugs (cold and allergy medications), and previous heat injuries may increase risk of heat stress.

d. Work Schedules/Clothing. If the mission allows, heavy work/activities (road march) should be scheduled for early morning or late evening. Loose-fitting clothing that allows circulation of air enhances cooling evaporation of sweat. Depending on mission, commanders/leaders can evaluate work schedule modifications/uniforms to mitigate heat stress on Soldiers.

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e. WBGT. The WBGT index is the best means of evaluating environmental heat. The WBGT must be monitored and if the mission allows it, work activity should be modified. The higher the WBGT readings, the closer Soldiers must be monitored for signs of heat stress. To this end, Soldiers must be adequately trained to prevent heat stress and identify the early symptoms of heat injuries. This knowledge is a very important weapon to be employed in the efforts to prevent heat stress injuries.

3. The U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) recently published a heat injury prevention policy (attached) that provides additional resources to avoid heat stress losses. Their heat injury prevention website is found at <http://chppm-www.apgea.army.mil/heat/>.



JEFFERY W. HAMMOND
Major General, USA
Senior Mission Commander

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